

柔 Gracie Jiu Jitsu 術



Blue Belt Stripe 1 Requirements

*Must attend at least two classes, two rolling sessions and Clinch Drill Class during test week in order to test.

STANCES & MOVEMENTS:

- | | | | |
|---|-------------------------------------|---|---|
| ☐ Attention Stance | ☐ Bowing | ☐ Listening Stance | ☐ Ready Stance |
| ☐ Fighting Stance | ☐ Front Roll | ☐ Side Fall | ☐ Rear Breakfall |
| ☐ Stand up in Base | ☐ Shrimping | ☐ Bridge Movement | ☐ Teeter Totter |

PUNCHING DRILL:

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|---|--|--|-------------------------------------|
| ☐ Footwork: Step & Slide | ☐ Front Punch (Jab) | ☐ Reverse Punch (Rear Hand Cross) | ☐ Hook Punch |
| ☐ Catch Block | ☐ Body Cover Block | ☐ High Cover Block | |

STRIKES:

- | | | | |
|--|--------------------------------------|---|--|
| ☐ Finger Jab Strike | ☐ Hammer Fist | ☐ Palm Heel Strike | ☐ Assisted / Unassisted Knee Strike |
| ☐ Front Kick | ☐ Side Kick | ☐ Round Kick | |

CLINCHING / TAKEDOWNS:

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|---|---|--|---|--------------------------------------|--------------------------------------|
| ☐ Judo Grip | ☐ High Thai Clinch | ☐ Low Thai Clinch | ☐ Front Clinch | ☐ Side Clinch | ☐ Back Clinch |
| ☐ Hip Throw | ☐ Sitting Arm Bar | ☐ High Thai Takedown #1 | ☐ Low Thai Takedown #1 | | |
| ☐ Body Fold Takedown | ☐ Leg Pick Takedown | ☐ Bear Hug Takedown | | | |
| ☐ Rear Drop Takedown | ☐ Lead Hand Jab to Back Clinch | | | | |

SELF DEFENSE SURPRISE ATTACKS:

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|---|---|--|---|
| ☐ Standing Choke Escape | ☐ Wrist Grab Escape | ☐ High Tackle Defense | ☐ Lapel Grab Counter |
| ☐ Haymaker Punch Defense | ☐ One Hand Push (Pull to Elbow Lock) | | |
| ☐ Rear Waist Grab Defense – Knee Bar & Standing Kimura | ☐ Two Hand Choke Defense (with Hip Throw) | | |
| ☐ Two Hand Choke Defense (Against a Wall) | ☐ Single Hand Choke Defense (Against a Wall) | | |
| ☐ Sucker Punch Defense | ☐ Wall Pin Defense | ☐ Single Hand Collar Grab(Thumb Down) | |
| ☐ Shoulder Grab (Bent Arm) | ☐ Headlock (w/ Punch) | ☐ Headlock (Bent Over) | |
| ☐ Guillotine Choke | ☐ Guillotine Choke (If Taken Down) | ☐ Tackle Defense (w/ Elbow Strike) | |
| ☐ Tackle Defense (w/ Knee Strike) | ☐ Guillotine Defense (w/ Trip Takedown) | ☐ Front Bear Hug (w/ Frame) | |
| ☐ Front Bear Hug (w/ Chin Push) | ☐ Front Kick Defense | ☐ Front Kick Defense (w/ Pivot) | |
| ☐ Rear Choke Defense Pulled Back (Side Throw) | | | |

WEAPONS DEFENSES:

- | | | |
|--|---|---|
| ☐ Overhead Club Defense (Short Range) | ☐ Knife Defense (Overhead) | ☐ Gun Defense (Pointed at Stomach) |
|--|---|---|



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GROUND TECHNIQUES: MOUNT

- ☐ Escape the Mount (Trap & Roll) to Standing
- ☐ Escape the Mount (Elbow Escape)
- ☐ Mount Transition (High Step)
- ☐ Mount Transition (Knee Drive)
- ☐ Ground Drill #1 (Trap & Roll / Pressure Point Pass / Mount)
- ☐ Ground Drill #2 (Elbow Escape / Scissor Sweep)
- ☐ Cross Collar Choke
- ☐ Kimura
- ☐ Straight Arm Lock
- ☐ Paint Brush Armlock
- ☐ Sleeve Choke
- ☐ Crossbody Arm Bar
- ☐ Twisting Arm Control (Take the Back)
- ☐ Wrenching Collar Choke (Modified Mount)

GROUND TECHNIQUES: KNEE ON STOMACH

- ☐ Armbar(Step over)

GROUND TECHNIQUES: SIDE MOUNT

- ☐ Paint Brush Armlock
- ☐ Kimura
- ☐ Headlock Escape #1
- ☐ Headlock Escape #2
- ☐ Elbow Escape (Block & Shoot)
- ☐ Elbow Escape (Shrimp & Shoot)

GROUND TECHNIQUES: GUARD

- ☐ Pressure Point Pass
- ☐ Leg Hook Pass
- ☐ Knee Over Power Pass
- ☐ Standing Guard Pass
- ☐ Closed Guard to Standing
- ☐ Scissor Sweep
- ☐ Scissor Sweep (Knee Push)
- ☐ Leg Lifting Sweep
- ☐ Leg Lifting Sweep to Armbar
- ☐ Timing Sweep
- ☐ Take the Back
- ☐ Double Ankle Grab Sweep
- ☐ Hook & Post
- ☐ Cross Collar Choke
- ☐ Kimura
- ☐ Front Choke
- ☐ Arm Bar
- ☐ Double Ankle Grab Sweep to Armbar
- ☐ Arm Triangle
- ☐ Triangle leg Choke
- ☐ Folding Collar Choke (Amasso Pao)
- ☐ Punch Block Stages 1 / 2 / 3 / 4

GROUND TECHNIQUES: BACK MOUNT

- ☐ Back Escape (with Hooks)
- ☐ Back Escape (No Hooks)
- ☐ Rear Naked Choke
- ☐ Ground Drill #3 (Twisting Arm Control / Take the Back / Escape the Back Mount with Hooks)

GROUND TECHNIQUES: LEG LOCKS

- ☐ Straight Ankle Lock
- ☐ Back Mounted Ankle Lock

